

Be Prepared with a 3-Day Survival Pack

If a tornado destroyed your home or you have to evacuate because of flooding could you gather the supplies your family needs in minutes? In your spare time, prepare a 33-gallon plastic trash barrel filled with emergency supplies for yourself and members of your household. The barrel should have a tight fitting or latching lid to keep insects or household pets from disturbing your supplies. Store the barrel in your garage or (better yet) in a backyard storage shed. Make sure your supplies will be accessible in an emergency. Store the barrel in such a manner that it will not easily tip over and spill or damage the contents.

Store your emergency supplies in the barrel, in quantities sufficient to meet the needs of your household for at least 72 hours. Store Items, as follows, in the barrel.

Bottom of the Barrel

Bedding: plastic sheets/tarp, sleeping bag, blankets. Eating Equipment: can opener, dishpan, disposable dishes and utensils. Clothing: one change per person. Infant Needs: if applicable. Personal Supplies: Good book, pencil/paper, toiletries and towel. Equipment: Axe, shovel, bucket, plastic bag liners. Fuel & Light: candles, matches and sterno. Other equipment: eye dropper, liquid chlorine bleach, and water purification tablets. Money.

Middle of the Barrel

Food: 3-day supply of food requiring no refrigeration. Date all food items and rotate stock as required to maintain freshness. Write out a menu for each day. Example: Bottle of multi-vitamins, Canned fruit juice, Canned tuna or pork and beans, (1/2 lb./person), Dried fruit (1/2 lb./person), Graham crackers (1/2 lb./person), Nonfat dry milk (1/2 lb./person), Peanut butter (1/2 lb./person). This supplies daily 2100 calories and essential nutrients.

Water: 1-gallon per person per day. Store water separately in sealed containers. Example: If there are 4 people in your household, you should have 12 gallons, which is 4 gallons per day for 3 days (72 hours).

Top of the Barrel

Essentials: Flashlight, Pocket or Utility knife, Radio with spare batteries, and medications prescribed by doctor. First Aid Kit including: drugs, antibiotic ointment, aspirin, Kaopectate, bandages, Ace bandage, plastic strips, large triangular, butterfly bandages, adhesive tape, 2" wide roll, cotton-tipped swabs, gauze pads (4" x 4"), sterile absorbent cotton, sterile gauze bandages, 2" & 4" wide rolls, petroleum jelly, rubbing alcohol, tissues, tweezers, thermometer, scissors

The size of your family may require that more than one barrel is used to store your three-day survival pack. Campers' supplies are a good choice for many of the required items, because of their compact and durable design. Remember to check your stock regularly and replace out-of-date items. If you have a tent, store it near your three-day survival pack. If your house is severely damaged during a tornado, your tent may be your only shelter.